

# April Menu – St. John



## Monday

1

**No  
School**

## Tuesday

Day 5 2

Mandarin Orange  
Chicken & Brown  
Rice

Steamed Green  
Beans  
Fresh Cauliflower  
Mandarin Oranges  
Choice of Milk

## Wednesday

Day 1 3

Fried Chicken Drummy  
& Warm Biscuit

Baked Beans  
Homemade Coleslaw  
Chilled Peaches  
Choice of Milk

## Thursday

Day 2 4

Pizza Bake

Steamed Corn  
Carrot Sticks  
Assorted Fresh Fruit  
Choice of Milk

## Friday

Day 3 5

Hot Turkey & Gravy  
Dinner Roll

Whipped Potatoes  
Tossed Salad  
Fruit Slushie  
Choice of Milk



## Earth Day!

Each year on April 22<sup>nd</sup> we celebrate Earth Day. This is a time to reflect and learn how to help keep our planet and environment clean and healthy for us to live.

Here are some things you can do to help save our planet!

**-Plant a tree.** Trees absorb carbon dioxide and release oxygen for people to breathe. They also provide shelter and food for animals like squirrels and owls.

**-Recycle.** Many plastic and glass products are getting repurposed and reused to make new things instead of getting thrown into a landfill. Think twice before throwing an item in the garbage.

**-Turn off lights.** Reduced the amount of time that lights are on when they are not needed, like during the day. The process of producing electricity comes from fossil fuels like coal, oil or natural gas and these things contribute to climate change.

**-Limit Your Water Usage.** Clean drinking water may seem like its everywhere but only 1% of the water on Earth can be used by humans. Try turning off the facet while you brush your teeth or take a shorter shower. This can save up to 8 gallons of water a day.

Day 4 8

Stuffed Crust Cheese  
Pizza

Tossed Salad w/ Mini  
Tomatoes  
Honey Buttered  
Carrots  
Cinnamon  
Applesauce  
Choice of Milk

Day 5 9

Crispy  
Chicken  
Sandwich Bar!  
Leaf Lettuce  
Sliced Tomato  
Pickles  
Mayo & Mustard  
Spudsters  
Chilled Pineapple  
Choice of Milk

Day 1 10

Mini Corn Dogs

Steamed Corn  
Fresh Veggies  
Chilled Peaches  
Choice of Milk

Day 2 11

Swedish Meatballs &  
Rotini

Cheesy Broccoli  
Fresh Veggies  
Assorted Fresh Fruit  
Choice of Milk

Day 3 12

Hot Dog

Baked Beans  
Celery Sticks  
Mini Tomatoes  
Chilled Pears  
Choice of Milk

## Ham and Cheese Puffs

### Ingredients

- 1 package of thinly sliced deli ham, chopped
- 1 small onion, chopped
- 1/2 cup shredded Swiss cheese
- 1 large egg
- 1 ½ tsp Dijon mustard
- 1/8 tsp black pepper
- 1 tube (8 oz) refrigerated crescent rolls



### Directions

1. Preheat oven to 375F. Combine the first six ingredients. Divide crescent dough into 24 portions. Press into greased mini muffin pan.
  2. Spoon 1 tablespoon ham mixture into each cup.
- Bake until golden brown, 13-15 minutes.

**Monday**Day 4 **15**DCE Pizza  
MunchableBlack Olives  
Fresh Spinach  
Green Pepper Strips  
Chilled Pineapple  
Choice of Milk**Tuesday**Day 5 **16**French Toast Sticks  
& Sausage Egg BiteMini Corn Cob  
Fresh Veggies  
Assorted Fruit Juice  
Choice of Milk**Wednesday**Day 1 **17**Grilled Cheese  
Sandwich & Goldfish  
CrackersTomato Soup  
Assorted Fresh Fruit  
Choice of Milk**Thursday**Day 2 **18**Strawberry Breakfast  
Nachos  
(Pancakes, Sausage  
Patty & Strawberry  
Dip)Hash Brown Rounds  
Fresh Veggies  
Strawberries  
Choice of Milk**Friday****19****No Hot  
Lunch  
Served****Frozen Chocolate Monkey Treats**Ingredients

-3 medium bananas  
-1 cup chocolate chips  
2 teaspoons shortening  
Optional toppings- chopped peanuts, toasted coconut, m&ms, sprinkles

Directions

1. Cut each banana crosswise into 6 pieces. Insert a toothpick into each piece and transfer to a waxed paper lined baking sheet. Freeze until completely firm, about 1 hour.  
2. In a microwave, melt chocolate chips and shortening, stir until smooth. Dip banana pieces in chocolate mixture and allow excess to drip off. Dip pieces in toppings as desired and return to baking sheet. Freeze at least 30 minutes before serving.

Day 3 **22**Hot Ham & Cheese  
on a Pretzel BunBaked Beans  
Fresh Veggies  
Chilled Mixed Fruit  
Choice of MilkDay 4 **23**Fresh Fruit Plate w/  
Odyssey Yogurt,  
Muffin & CheeseSteamed Corn  
Fresh Veggies  
Choice of MilkDay 5 **24**Mr. Dan's Dorito  
Sloppy JoeSmiley Fries  
Homemade Coleslaw  
Cinnamon Applesauce  
Choice of MilkDay 1 **25**Italian Meat Sauce w/  
Rotini  
Parmesan CheeseLettuce Salad  
Steamed Green Beans  
Fruit Slushie  
Choice of MilkDay 2 **26**Portesi Cheese Fries  
& Marinara SauceSteamed Peas  
Tossed Salad w/  
Shredded Carrot  
Chilled Pears  
Choice of MilkDay 3 **29**Cheesy Chicken BBQ  
Pizza KitRoasted Corn Blend  
Carrot Sticks  
Fresh Apple Slices &  
Apple Cinnamon Dip  
Choice of MilkDay 4 **30**Popcorn Chicken &  
WafflesFresh Veggies  
Steamed Carrots  
Cinnamon Applesauce  
Choice of Milk

MySchoolBucks



Nutrilslice Menus



Did you know that Nutrilslice has fun pictures and descriptions of the menu items? Just click on the item name and a picture, description and nutritional information will appear.

*Menus are subject to change.*

Check out our digital online menu for the most up to date menu. [dce.nutrilslice.com](http://dce.nutrilslice.com)

**Color Me!**